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STEPPING UP

Issue 5 | June 1, 2018

**A newsletter, written with joy, for the curious, adventurous,
and modern-day action-takers of the world.**

Hey <<First Name>>,

I've been noticing more than ever the incredible ability of my phone to suck me into its powerful and addictive online universe first thing every morning.

When I get up and turn it on, I tell myself that it's to check my sleep statistics. But were that actually true, I wouldn't do things like check the weather, glimpse at my email (which usually turns into more than just a glimpse), and take a peek at Instagram (see above re: email). Sometimes, before I know it, I've spent 45 minutes on my phone before starting my morning routine.

Do you find your phone sucking you in at times and in ways that don't support your personal values, vision, and good habits? Perhaps it's time to take a look at that and do something about it?

I'm taking the month of June to go phone-free for the first 45 minutes of every morning, filling that time instead with soul, spirit, and personal enrichment - meditation, journaling, reading, mobility, and day planning. If the phone goes on, it's **ONLY** for one of those tasks... and only if I find that I can control it... otherwise, it stays off.

If you'd like to join me for the month, let me know (reply). I'd love to hear from you!

Andy

Water... pure water!



Until recently, I hadn't found a water purification system that was small enough to fit on my counter and good enough to deliver ultra-pure water. That changed when I stumbled upon the [Aqua-Tru](#).

It's a reverse osmosis system that's got a truly unique design. I've been using it for over six weeks now and it works flawlessly. My only complaint is that find myself constantly refilling it since we drink so much water in our house. I could solve that by installing an under-sink unit (which could be next), but for now, it's truly an awesome

product that delivers on its promise.

What I'm Learning



Michael Gervais is at the top of his game in sports psychology, having worked with the best of the best from just about every walk of life. Last month I got a chance to sit down with him for a podcast and our conversation quickly turned toward meditation and mindfulness. [\[Click here for the Podcast\]](#)

Personally, I've always struggled to maintain a consistent meditation practice. Since meditation is the act of "not doing", I have always found

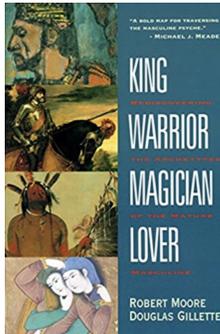
myself thinking that there are too many things I need to be doing to spend time "not doing" - hence, no regular meditation practice.

Michael introduced me to a concept during the podcast called the Default Mode Network. It's the state your brain is in by default, and it's obsessed with processing thoughts about "me, myself, and I". It's the mode you're in "by default", simply by being human. It's also been shown to both stand in the way of super-high performance, and when left to its own devices, to increase your experience of

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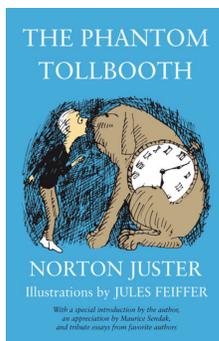
So how does this relate to meditation? Well, meditation is the one thing we can all do to turn down and perhaps shut off (at least temporarily) of this default mode network. It's what elite performers like [Alex Honnold](#) are able to do naturally when in their flow state, and it enables them to access super peak performance. I don't know about you, but if I can use a meditation practice to access my "superpower," it turns meditation into a skill to practice, which tricks me into wanting to do it!

Books I'm Reading



[King, Warrior, Magician, Lover](#). I've recently become fascinated by ancient stories and archetypes. I've always been intrigued by personality types but had never seen them presented as primal archetypes that have been thematic throughout all of human history. Some of these ideas came my way through [conversations and work with tribe-building expert Philip Folsom](#), others came through listening to Jordan Peterson lectures about human behavior, values, and stories that have been around for thousands of years.

This book was one recommended by Philip, and I've found it to be a fascinating deep dive into the four male archetypes. It's not an easy read by any means but fascinating nonetheless.



[The Phantom Tollbooth](#). I read it once as a kid. Then I read it to my son about 3 years ago. Now he's reading it on his own and I'm reading it alongside. It's better every time I pick it up. The entire book is written in symbolism and allegory - almost every character, name, and object has a double meaning. If you've never read it before, you owe it to yourself to get a copy - and even if you have, it's worth a second, third, and even fourth read!



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Quotes of the Month

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~ William Wordsworth

"There is the Game of Life and the Game of Love.

Most people are playing the Game of Life, trying to make life work.

Life already works.

How we bring loving into it is the big key.

That's playing the Game of Love, and it's by far the biggest game."

~ John-Roger

Another App I'm LOVING



I really didn't mean for apps to become a regular part of the Newsletter as I don't find that many that have a big enough effect on my daily routine to tell anyone else about. However, this one really has.

It's called [Notion.so](https://www.notion.so), and it comes on the heels of Astro, the email app I mentioned last month. It's an app that does things you've already got other apps for - note taking, to do lists, writing, planning, calendaring, project management, kanban boards, and collaboration. But here's the really incredible thing about Notion - it does them all in a layout that makes it fun, visual, and functional.

A word of warning... when you first visit the site and check out the app, it feels overwhelming by the mere fact that it can do so much. I started VERY simply - using the basic template for "quick notes" and using it as a collection bucket for my brain (writing everything down). After I established that it worked well for that for me, I started to explore other options. One of the coolest is the way it allows you to see different views for planning - calendar, spreadsheet, and Kanban board.

Something I'm Experimenting With

I am constantly looking for ways to improve my recovery. I just began an experiment using hemp oil (otherwise known as CBD) to see if it will improve my deep sleep

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CBD (short for Cannabidiol) is one of the most studied cannabinoids, second only to THC. Largely non-psychoactive, it is claimed to have numerous health benefits like reducing anxiety, relieving pain and inflammation, promoting restful sleep, supporting normal cartilage and joint function, and enhancing relaxation.

I'm using a brand called [Lazarus Naturals](#), though I'm not sure that it's any better than any of the other brands out there (I'm not even sure what makes one better than another.) If you're curious, it might be worth an experiment of your own.

Parting Thoughts



I hope this newsletter has found you with a big smile on your face. You know, that kind you get when you're just about to break into a massive belly laugh.

Have you laughed lately? Have you done anything funny that deserves being taken lightheartedly and even laughed at? Go ahead, lighten up, find your laugh, find your joy, and... make your day!

Thanks for reading and have a great month!

Andy

PS - Thanks so much for subscribing! I would greatly appreciate you forwarding this email along to a friend if you think it might be of value to them too. Thanks!

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